

# WEEK 1: INTENTION



Intention setting is the starting point of every journey. It is the creative power that fulfills all of our needs, whether for money, relationships, love, or spiritual awakening.

An intention-setting ritual is a mindfulness practice that can help you feel grounded and prepared. Intention-setting is **clearly stating what you want to experience and achieve through your actions.** This can be related to your work, personal life, dreams, thoughts, mindfulness practice, or whatever you choose. As long as it is clearly defined and customized to your life.

By defining your intention, you can work to manifest and bring your intention into reality.

# JOURNAL PROMPT FOR INTENTION-SETTING:



WHAT DO YOU  
WANT TO GET OUT  
OF YOUR  
RELATIONSHIP  
WITH TAROT?

# SETTING YOUR INTENTION

1. **Create a Space** – Pick a place where you are able to let down your walls and be authentic with yourself. Typically this is a place that inspires, relaxes, or challenges you. You can play music out loud, light candles, smudge sacred smoke, diffuse essential oils, or introduce other personalized touches.
2. **Clear Your Mind** – Take time to transition from whatever you were doing before starting your intention-setting ritual. Spend five minutes meditating to clear your mind.
3. **Breathe** – Take several deep breaths. Breathe in your first ideas for new clear intentions, and exhale negative thoughts and barriers. If you use crystals like rose quartz and clear quartz, introduce these now.
4. **Set Your Intention** – Set your intention using the journal prompt given. You can repeat the intention in your mind, or write it down in your journal. At the end, remember to give thanks to The Universe and yourself.
5. **Visualization** – Finally, pause to visualize what it looks like for you to achieve and manifest these intentions. When reflecting, take time to feel grounded and complete in your ritual. Stay in this moment until you can feel your mind and body telling you it's time to be done.

DATE:

TAROT  
CARD:

# INTENTION-SETTING TAROT CARD

QUESTION:

WHAT AM I  
READY TO  
STEP INTO?

THEMES:

YOUR INTEPRETATION:

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